



The Power of Love
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Love is Absolutely Necessary If We Ever Expect to Get Full Realization

Love is an absolutely necessary ingredient on the path, if we ever expect to get full realization. We must increase our love until it is complete.

Now, the love I talk about of course has nothing to do with sex. Sex is a body gratification. However, we have confused it, most of us, very much with love. And the majority of us still tie it in with love. Although, when you see what sex is and what love is, you'll see they're two different things. They can be tied together, but they don't have to be. The love that we talk about here is the love of Jesus Christ. It's the love complete, which expressed in the extreme is "Love thy enemy."

I think the best definition of the word, as it seems to me, is love is a feelingness of givingness with no expectation of receiving for the giving. It's a very free giving. And it's an

attitude that is constant. Love doesn't vary, at least the type of love we're talking about. The amount we have, we apply to everyone. We love our family as much as we love strangers. This might sound odd but this is the truth. To the degree we're capable of loving strangers, to that degree we're capable of loving our families.

The concept of possession is just the opposite of the meaning of love. In love there is never a holding on to, a fencing in, or anything like that. Love has a sense of freeing the ones we love. When we are giving, we have an attitude, we want the other one to have what the other one wants. I guess the best example of this type of love is the love of a mother for a child and sometimes a father. A mother will sacrifice and give everything to the child without considering herself.

There are many other definitions for love, I'm just trying to think what they are. I think acceptance is a good word. When we love people, we accept them the way they are. If we love this world, we accept the world the way it is. We don't try to change it, we let it be. We grant the world its beingness, the same way we should grant every other person his or her

beingness. Let them be the way they want to be. Never try to change them. Try to change them is injecting our own ego. We want them to be the way we would like them to be. So love is a feeling, first of all, of oneness with, of identity with the other one or all other ones. When there's a full love you feel yourself as the other person. Treating the other person is just like treating your very own self. There's complete identity.

Love is not only a feeling, love is a tremendous power which is so little understood in the world today. We have an example of this type of love being expressed today by Martin Luther King. No matter how much he's attacked, he will give out nothing but love to his attacker. He teaches non-violence. Now, the biggest demonstration of this type of love was Mahatma Gandhi's winning a war against Britain without any arms. Through teaching, the British are our brothers, we love the British, non-resistance to the British and to the British soldiers, only love for them. Gandhi understood this and was able to win over enough followers in India to make this effective.

Love is the Most Powerful Force in the Universe

The power behind love without question is far more powerful than the hydrogen bomb, once you see what love is. Love is the most powerful force in the universe. When we express love, as love is, not as we have been taught to think what love is. It is said sometimes that God is love and I say one with God is a majority. One individual with nothing but love can stand up against the entire world because this love is so powerful. Which I think leads us somewhat into seeing that this love is nothing but the self with a capital "S," that we speak of. This love is God. God is love. God is all powerful. So there's some authority for what I'm saying besides my saying it. Love will give not only all the power in the universe, it will give all the joy and all the knowledge.

Now, how to make this practical? The best way of increasing our capacity to love is through wisdom, understanding. However, we can do things in our everyday life that will raise our

level of love. The first place to practice love is at home with the family. We should try to love our family more and more and more. I think everyone knows the wonderful experience of love, of loving one person. So, you could imagine what it's like if you love 3 billion people. It would be 3 billion times more enjoyable.

So, home is the first place to keep trying to increase our love for the ones around us, by granting them their beingness. That's the most difficult thing, I believe, to do in a family, to grant the other one the other one's beingness, especially if the other one is a child. But every child is a whole, complete, infinite individual. Next, after loving the ones in our home, we should try to love our neighbors. Then our larger group—our state, our country. Then, we should try to love all people, all over the world.

The more we practice love, the more we love and the more we love, the more we can practice love. The more we develop love, the more we come in touch with the harmony of the universe, the more delightful our life becomes, the more bountiful, the more everything. It starts a cycle going, where you spin upwards, this loving and

receiving. That's another thing, if we want to be loved the way to do it is to love. It's not only the very best method, but I think it's the only method of receiving love, is to love because what we give out must come back. But looking for love without loving does not bring love to us, does not satisfy us. The happy one is the one loving, the one giving. Blessed is the giver because he's so much happier, if he gives from his heart.

When we say we love one person more than another, if we would trace it through by going inwardly, we will find that the one that we love more is a person whom we think we need, that has something that we would like to have and therefore, we say we love that person more. Actually, love cannot be chopped up. If you want to test your own love, look at your enemies. This is the real test or if you don't want to go that far, look at strangers. Examine your attitude towards strangers. It should be one of well, they are me, they are my family. Every mother should be our mother. Every father should be our father. Every child should be our child. This is the attitude we achieve through understanding. This is the real sense of the word love.

The easiest thing in the universe to do is to

love everyone. This is what I think. This is what I've discovered. Once we learn what love is, that's the easiest thing to do. It takes effort and agony not to love. It takes tremendous effort not to love everyone. And you see the effort being expended everyday. But when we love, we're at one with them, we're at peace and everything falls into line beautifully. The main thing is to see love in the sense I'm trying to define it. Then, those things don't happen. But when we love in the sense that humanity understands the word to mean, then you're right. But I don't call that love.

However, we should try practicing the love, as I said before, first on our family. Grant everyone in the family their own beingness, if you can. If you can't, keep trying, keep trying until you can. Then, apply it to friends, then, strangers, then, everyone. See, by doing this you will develop it. Although, as you say, it isn't something you can turn on just like that.

This love I talk about is our basic nature, it's a natural thing, that's why it's so easy. The opposite takes effort. We move away from our natural self. Cover it, smother it with concepts of the opposite of love.

The more we love, the less we have to think. If I'm not loving you, I have to be on guard. I have to protect myself. If I'm not loving the world, I'm always protecting myself from the world, which causes more and more and more thoughts, puts me extremely on a defensive and subconsciously it builds up, year in and year out. Then, I'm a mass of thoughts, protecting myself from the world, see. Now, if I love the world, the world can't hurt me, my thoughts get quiet, the mind gets peaceful and then that infinite self is right there and that's the experience of this tremendous joy.

We Never Hurt When We Love

It's impossible to be hurt when we love fully. We are never hurt when we love fully. We are never hurt when we love. We only feel wonderful when we love. In fact, we feel the greatest when we love.

When we love all the time, we love every being, we have nothing but tremendously wonderful, warm attitude of everything is fine, every person is just right. We wear our rose colored glasses. That's the way we see the world when we love. When we hate, we see the same world, in just the opposite way. So it's a tremendous thing to learn this little secret of the power of love.

The more we love, the more love comes to us. I know this is a basic error in many, many people's thinking. They go through life wanting to be loved, never feeling that they are, even when they are really getting the love. Because the feeling has to be in us. If I love you, I feel wonderful. If you love me, you feel wonderful.

As you said before, it's the one who loves who feels great. So, wanting to be loved is getting into a direction that can never be satisfied.

Love is Acceptance

Love is acceptance. Love is taking people as they are. Love is loving the other one because the other one is the way the other one is. Love is trust. When we love people, we will always trust them. You can use these things as a check upon yourself. If you don't trust someone, you don't love them. That's not an easy one to see and I suggest you work that out yourself. If you don't trust someone, you don't love them. I say, trust the most crooked person in the world and that person will be honest with you. Love is a feelingness of peace. As we said before, when we love we have no enemies, we don't have to be on guard and we're at ease. Love is identification. It is being the other one by identifying with the other one. Love is what every being is seeking through his every act. That's a powerful one.

Love is identification. It is being the other one by identifying with the other one. You feel as though the other one is you. You identify with them.

If you don't like the world out there, you

must change yourself and immediately the world rightens. Gets to where we want it to be.

Now, one of the keys to abundance is the spirit of giving. The key to supply is to develop a constant feeling of givingness. This is a real key in producing supply. If we had an attitude of givingness every moment, and we want the things, they would smother us. A constant attitude of gratitude is also a very helpful thing.

To me, all these words mean the same thing. Love is acceptance, identification, understanding, communication, truth, God, you, me, it's all the same thing and it will be to everyone if they'll look at it to the same, from the same point, from your very own center. If you look at it from your very own center, you'll see that it's all the same. Your very own center, being your very own self with a capital "S," the real you that you are. Not this fake ego that we're trying to make a big thing of.

However, the greatest givingness that can be given is to give understanding, to give wisdom. If a man asks me for a meal and I give it to him, five hours later he needs it again. But if I get across to him the principle on how to produce a meal, he'll never go hungry again. So, the

greatest givingness is understanding, wisdom.

Love is the Answer to All Problems

Love is the answer to all problems. No matter what the problem is, if you will just apply love to the fullest extent possible and succeed, that problem will drop away immediately. Just don't get aggravated. Just know that everything is fine, everything is alright and just feel love and you'll see that problem resolve itself, no matter how difficult a problem it is. When there are problems, if we would love more they would disappear. When the love is complete, the problem dissolves immediately.

Love is Communication

Love is communication. Communication and love go together. Communication is getting across an idea.

You can easily test this out on your own life. That if you increase communication with an individual you increase the love between the two of you. Just practicing communication. Say something to them, have them acknowledge that they got it by repeating it and go on and on that way and the love between the two of you will keep going up and up. Increasing communication, increases love and the other way around—increasing love, increases communication. You'll notice, the more you love, the more you're able to communicate with people.

Another thing happens as love increases, reality in the world increases also. The more we're capable of loving, the more we'll see things exactly the way they happen. Now, if you practice increasing your reality in the world, your love will go up, too. Just in the same way if you practice increasing communication, your love

will go up. Or the converse, the more we love, the more we see things the way they are, in the world. If we were all very loving people, every time there'd be an accident, we'd all see it alike.

Love is the Cohesive Force of the Universe

Love is the cohesive force of the universe. Love is attracting, integrating and constructive; and so affects everything and anything it's applied to. Parliaments cannot right the world, but enough individuals feeling love, can. I think that's an interesting point for our present times. You cannot legislate a correct world. Parliaments will never straighten this world out. Only when the individuals, the majority of people in this world have an attitude of love will the world be a nice place to live in, will it be harmonious.

Almost all people mistake ego approval for love. Because it is not love, it is not satisfying. Consequently, one continuously needs and demands it. And this produces only frustration.

It is Impossible to Love One and Hate Another

Love cannot be applied to one and not to another. It is impossible to love one and hate another. When we love one more than another, that one is doing something for us, that is human love. When one loves people because they are nice to him, that too is human love. True love is unconditional. In true love one loves even those who oppose him. See, the next sentence is a real test of where we stand on the subject love. We should love everyone equally. This is a tremendous yard stick for checking yourself on growth. Equal mindedness towards all beings, loving everyone equally, is actually the top state.

It is impossible to get love. Only by loving can one feel love. The more one looks for love, the more one doesn't love. It's kind of indicting. One should strive to love, never to be loved. To be loved brings temporary happiness, ego inflation. When one loves fully, one can have no concept of not being loved. When one loves fully, one can have no concept of not being

loved. I think that's a good one.

When love is felt for the enemy, it makes the enemy impotent, powerless to hurt us. If the enemy persists in trying to hurt us, he will only hurt himself.

Behind these concepts of non-love is always the infinite love that we are. You can't increase it. All you can do is peel away these concepts of hatred, so that this tremendous loving being that we are is not hidden. Actually, we don't keep increasing our love, we just keep doing away with the limited concepts of hate that we've had before. And by hate, I mean anything that's not love—fear, envy, jealousy, apathy, all those attitudes are different degrees of hate, at least the way I use it they are. And so we really don't increase our love, we undo our attitudes of hate.

Our attitudes of hate. Our thoughts of limitation. The greatest sin of all sins, the downfall, is the ego sense—I am an individual separate from the all. That's the real fall into mankind.

It's a good chance, it's a good opportunity to grow when people are saying things about you, opposing you. It gives you a chance to practice the real love. It gives you a chance to practice the

real peace. Because they're making sounds with their mouth is no reason why you should feel bad about it. Opposition is a very healthy thing if it provokes growth.

In the practical end of it, I left out: Square all with love. This is an excellent gimmick. During the day, if we try to fit everything into love, whatever we're doing, it will make for rapid and tremendous progress. Square all with love—am I doing this with love?—no matter what it is, try to do it with love.

Take full responsibility for whatever happens to you, no matter what it is say, what did I do to cause this? You'll develop the habit of bringing up the cause for what's happening to you. You'll prove to yourself that you are the master, that you caused everything. And since you are the master you can uncause or cause what you would like to have caused. But taking full responsibility and squaring all with love are two excellent means of growth that can be used everyday in our relationships with people.

Knowing who you are. How long does it take an omnipotent, omniscient being to know he is omnipresent and omniscient? He's got all power, all knowledge. Now, how long should it take him

to realize that he has it, if he's got it? Could be done in a second.

A Love Exercise

Look at people around you and say, “I am you.” Look at one person at a time and watch what happens. Do this silently.